

2Chicken Alfredo5

Number of Servings: 5 (194.87 g per serving)

Amount	Measure	Ingredient
8 1/2	oz	Chicken, breast, diced, grilled
4 3/4	oz	Pasta, fettuccine noodles, enrich, dry, all brands
2.00	cup	Milk, nonfat/skim, w/add vit A & D
3 1/4	tsp	Margarine, soft, safflower oil
6 1/2	tsp	Flour, all purpose, white, bleached, enrich
1/8	tsp	Spice, pepper, black
3/8	tsp	Spice, garlic Powder
9.00	Tbs	Cheese, parmesan, grated
2 1/2	tsp	Parsley, dried

Nutrients per serving

Nutrition Facts		
Serving Size (195g)		
Servings Per Container		
Amount Per Serving		
Calories 280		Calories from Fat 70
		% Daily Value*
Total Fat 8g		12%
Saturated Fat 3g		15%
Trans Fat 0g		
Cholesterol 40mg		13%
Sodium 530mg		22%
Total Carbohydrate 29g		10%
Dietary Fiber 1g		4%
Sugars 6g		
Protein 24g		
Vitamin A 6% • Vitamin C 2%		
Calcium 25% • Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Instructions

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F.

BUY cooked cubed chicken (amount called for in recipe above) OR buy raw boneless chicken (1 1/2 times the amount of cooked chicken called for above) and dice and grill it with nonstick spray while the pasta is cooking.

Cook Fettuccine to ala dente stage (slightly firm, not soft) in boiling water. Drain and add to Alfredo Sauce (directions below) along with the cubed chicken.

Prepare Alfredo Sauce: Melt margarine, remove from heat. Add flour and garlic powder, and pepper. Stir until smooth. Cook 5 minutes. Heat nonfat milk in microwave or double boiler. Add hot milk, stirring constantly with wire whip, to cooked flour mixture. Cook and stir as necessary until smooth and thickened, about 15 minutes. Sprinkle cheese and parsley in and stir to incorporate. Combine with cooked, cubed chicken and cooked fettuccine noodles. Pour into counter pans and bake at 350 degrees F for 30 minutes or until internal temperature of 180 degrees.

Serve 1cup serving with 8 oz ladle or spoodle = 2 oz meat + 2 grain/sauce serving.

1 serving: 30 g CHO = 2 Carb Servings

Notes

BUY 1 1/2 TIMES THE AMOUNT of RAW Chicken for the amount of COOKED chicken in the recipe above.
Each 1# diced cooked chicken = ~ 3 cups

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